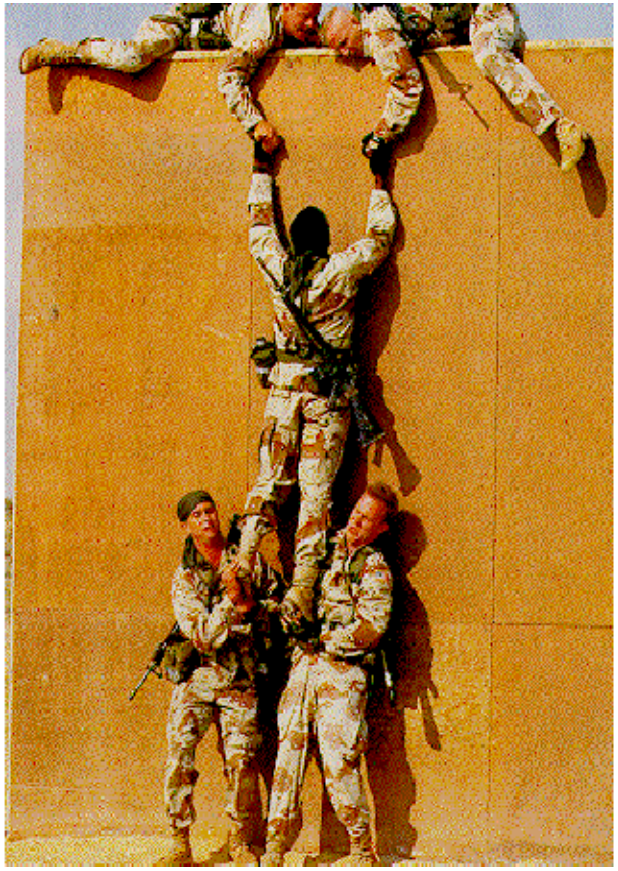
13TH COSCOM

REUNION BRIEFING

Get in the Fight

WHAT IS SOLDIER REDEPLOYMENT READINESS ANYWAY?

- THE PROCESS OF READYING ONE'S SELF FOR THE CHANGE IN HABITS, LIFE STYLE, BEHAVIOR, AND EXPECTATIONS OF ONE'S HOME BASE FOLLOWING A LONG DEPLOYMENT OR SEPARATION.
- BUT, WHY DO I HAVE TO HEAR ALL THIS STUFF?



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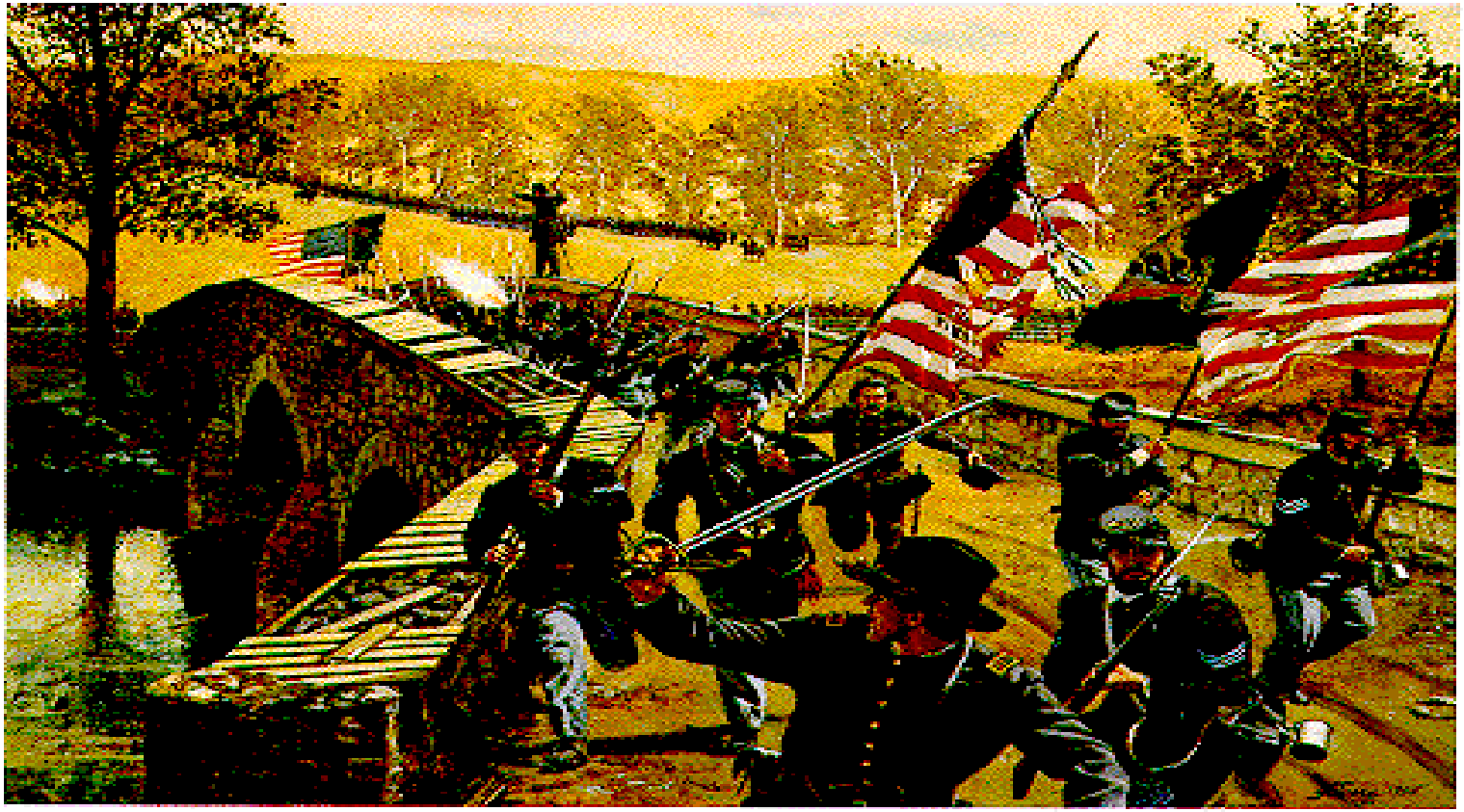
YOU DON'T WANT TO GO CHARGING IN….



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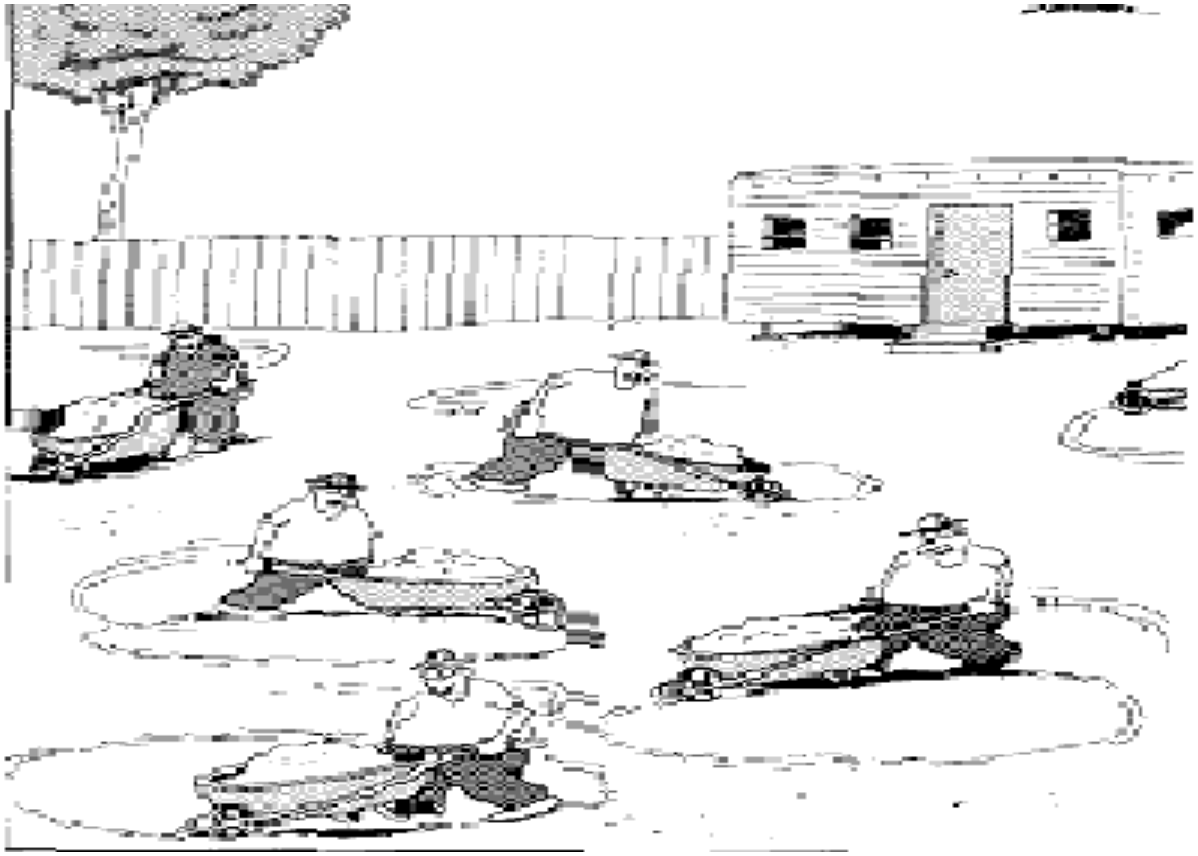
YOU'VE GOT TO HAVE A PLAN…OR YOU'LL JUST RUN AROUND IN CIRCLES



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YOU'VE GOT TO BE ABLE TO SEE THE REAL PICTURE....

Can you see the object in this picture....?

With a little bit of concentration and work, you will be a

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OKAY, SO WHERE DO WE BEGIN?

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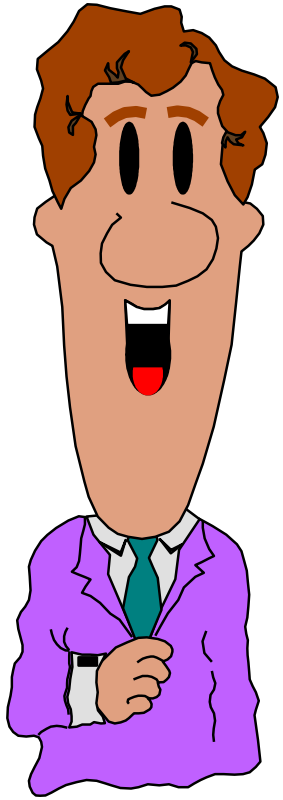
LET'S LOOK AT THE FACTORS OF YOUR READINESS



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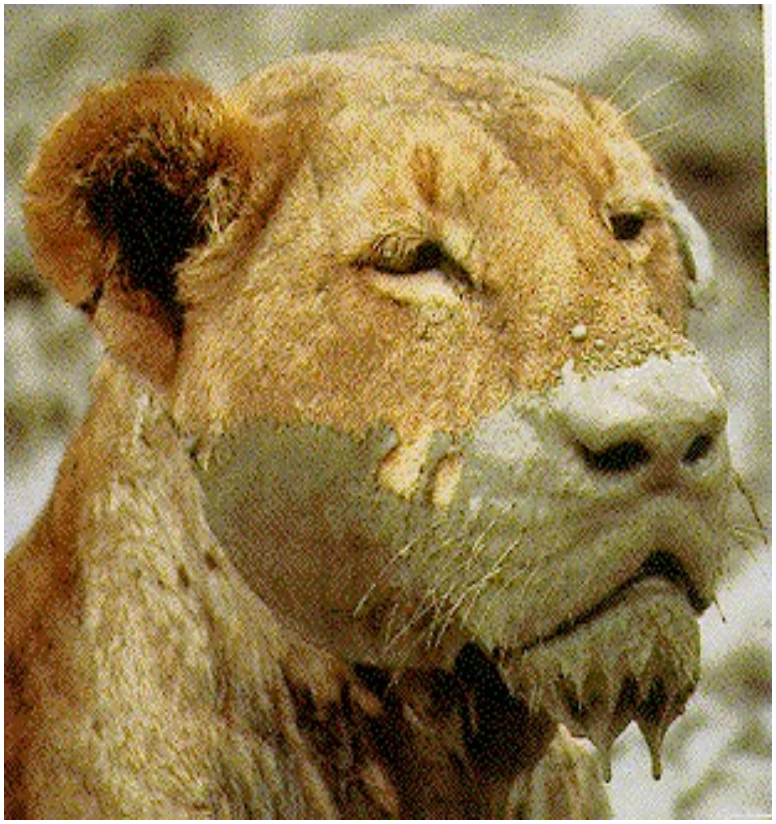
WHAT ARE THE FACTORS OF PERSONAL REDEPLOYMENT READINESS?

PERSONAL RELATIONSHIPS

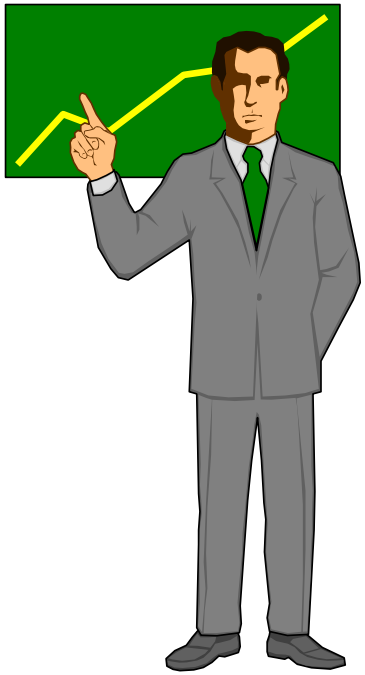
NS & WORLD REPORT, AUGUST 26, 1996

FACTORS

YOUR PERSONAL HABITS



HERE'S A FEW POINTS TO REMEMBER…



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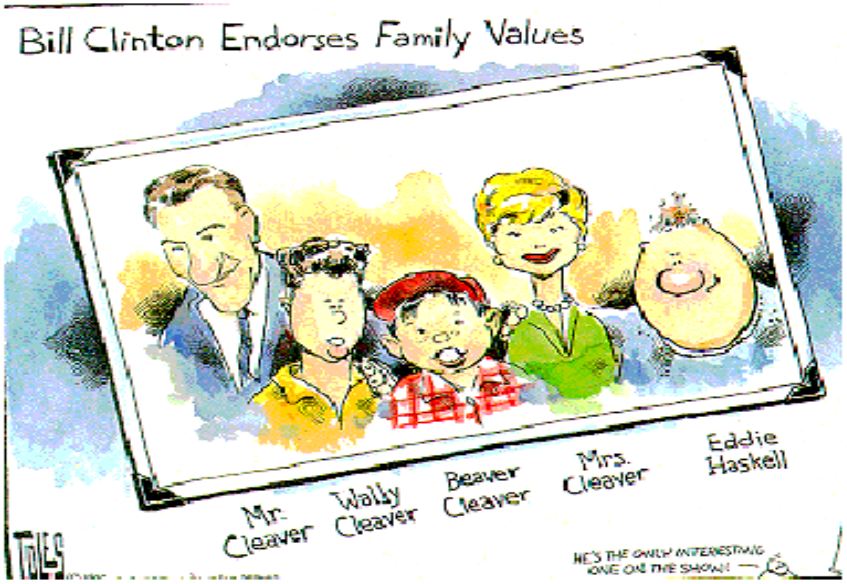
SEPARATIONS….

THEY DON’T HURT
HEALTHY
FAMILIES



BUT……

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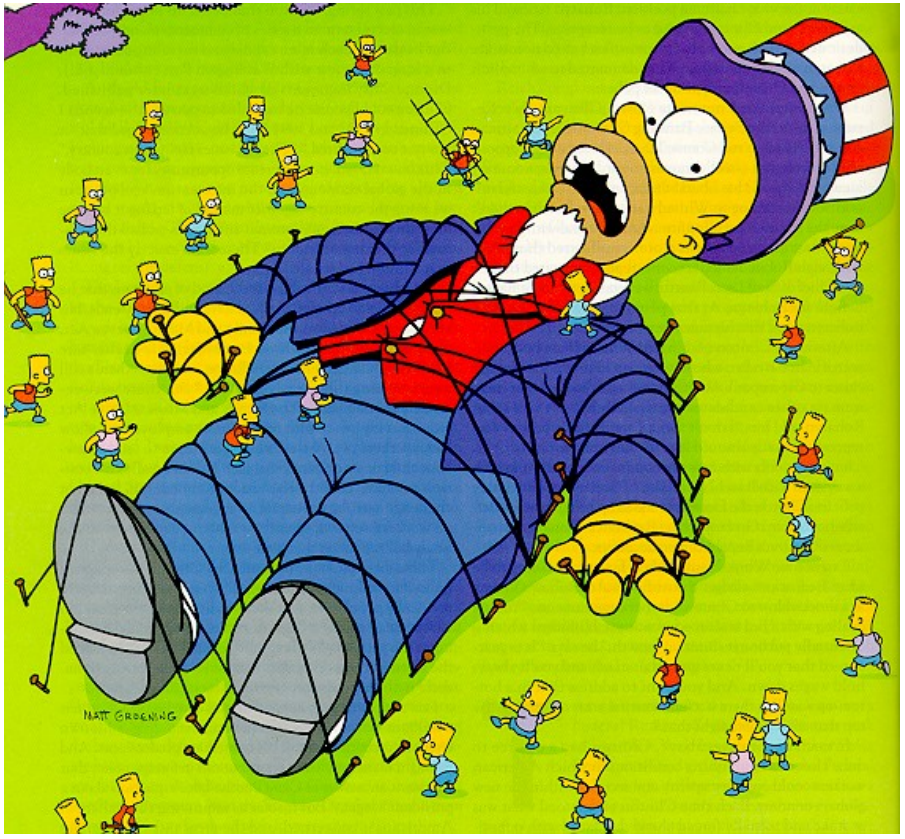
SEPARATIONS

THEY DON'T HELP
TROUBLED FAMILIES



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REMEMBER HOW THINGS WERE….

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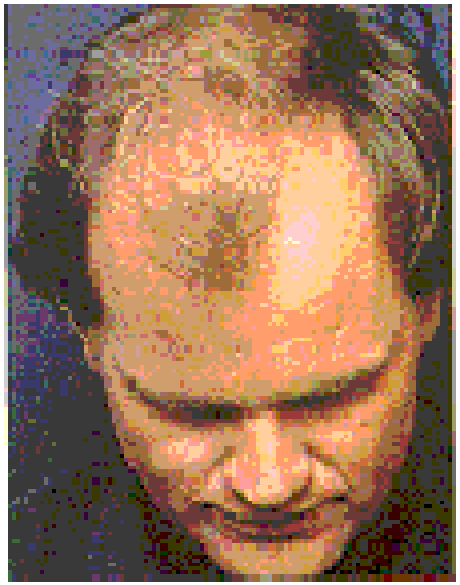
THINGS HAVE CHANGED FOR YOUR SPOUCE….SO HAVE YOU

BEFORE NTC



AFTER NTC

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THEY'VE CHANGED….

INNOVATIVE METHODS FOR CHILD SITTING HAVE BEEN DISCOVERED!

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CHANGES….

CHILDREN HAVE CARED FOR ONE ANOTHER

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CHANGES...

MAYBE YOUR STUFF
MIGHT HAVE FOUND A NEW HOME...

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CHANGES….

MAYBE YOU’RE IN FOR A SHOCK WHEN YOU GET BACK HOME….

TRANSITION AND YOU

- WHAT DO YOU KNOW ABOUT YOURSELF THAT WILL MAKE TRANSITION EASIER?
- WHAT DO YOU KNOW THAT WILL MAKE TRANSITION MORE DIFF

BASICALLY HAPPY

RELAXED

UPTIGHT

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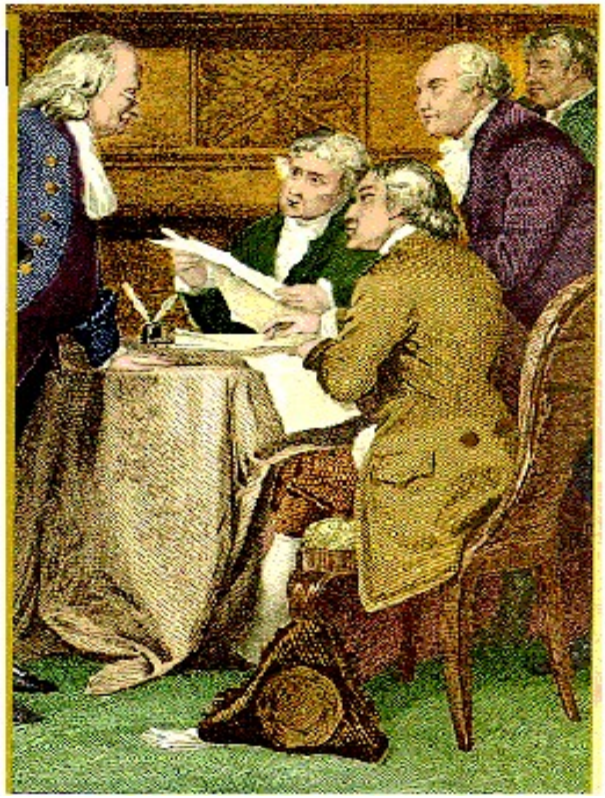
LET'S LOOK AT OURSELVES....

GROUP DISCUSSION

- WHAT DO YOU KNOW ABOUT YOURSELF THAT WILL MAKE THIS TRANSITION EASIER?
- WHAT WILL MAKE IT MORE DIFFICULT?
- WHAT HAS CHANGED…?
  - IN YOU?
  - BACK HOME?



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LET'S LOOK A LITTLE CLOSER....

HERE'S WHAT WE DO KNOW.....

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FOOD….

- HOME COOKING….YOU PROBABLY CAN'T WAIT TO GET BACK HOME.
- BUT, REMEMBER TO TAKE IT EASY!

WHAT WE KNOW....

CONTROL: SOME SPOUSES HAVE A HARD TIME GIVING CONTROL BACK....

WHAT WE KNOW….

SOME HUSBANDS DON'T PAY MUCH ATTENTION TO READJUSTMENT

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WHAT WE KNOW…

ALMOST 1/2 OF E5 AND BELOW WIVES HAVE LOWERED THEIR POSITIVE ATTITUDES ABOUT MILITARY LIFE

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WHAT WE KNOW….

30% OF ALL SPOUSES BELIEVE DEPLOYMENTS HARM THEIR MARRIAGES

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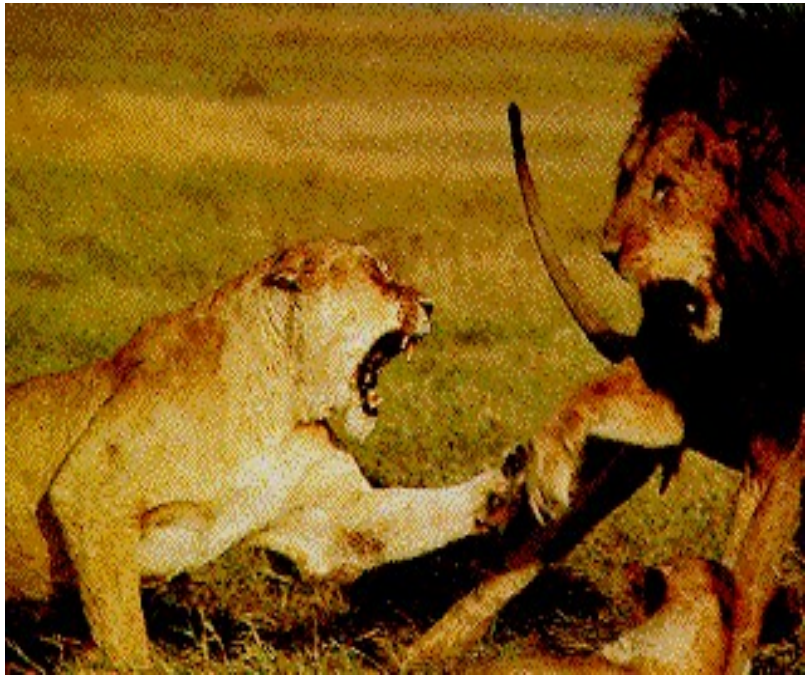
WHAT WE KNOW….

ALMOST HALF OF ALL KIDS BECOME SICK

WHAT WE KNOW….

ONE-THIRD OF WIVES HAVE ANGER AND RESENTMENT ISSUES OVER THE LOSS OF THEIR PERSONAL GOALS AND TIME



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WHAT WE KNOW….

ALMOST ONE-THIRD OF WIVES ARE NO LONGER INCLUDED IN FAMILY DECISION MAKING

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WHAT WE KNOW….

29% OF ALL WIVES REPORTED DISCIPLINE PROBLEMS WITH THEIR KIDS AFTER THEIR HUSBANDS RETURNED

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SO, WHAT SHOULD WE DO….

DON’T GIVE UP…THERE IS HOPE!

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GIVE IT TIME

- HOW MUCH TIME?
- DAY BY DAY

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IS THAT ALL....?

FEELINGS…WHAT ARE YOU GOING TO DO WITH THEM…?

FEELINGS…

BE COOL AND IGNORE THEM…?

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FEELINGS…..

DRINK ‘EM AWAY….

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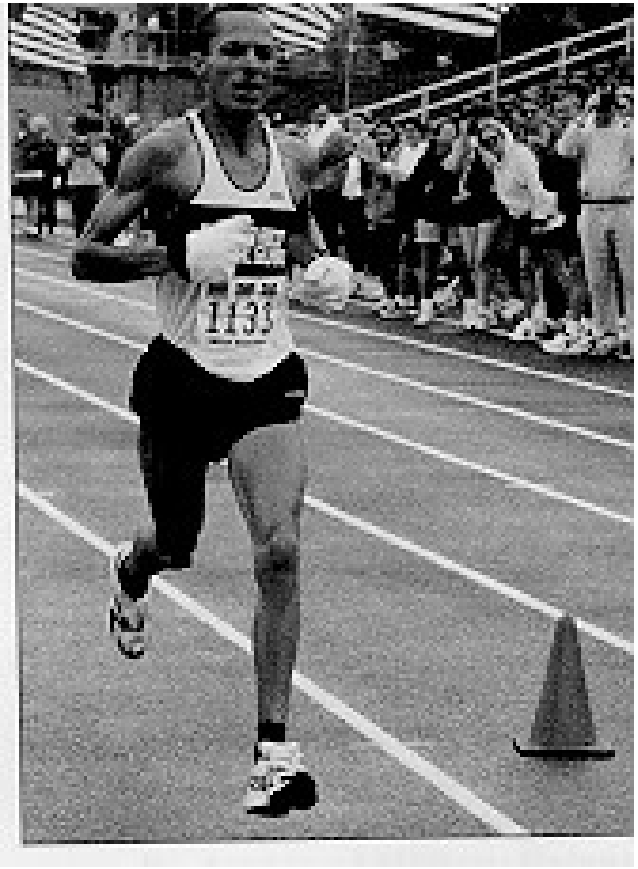
FEELINGS…..

RUN FROM THEM…



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FEELINGS…

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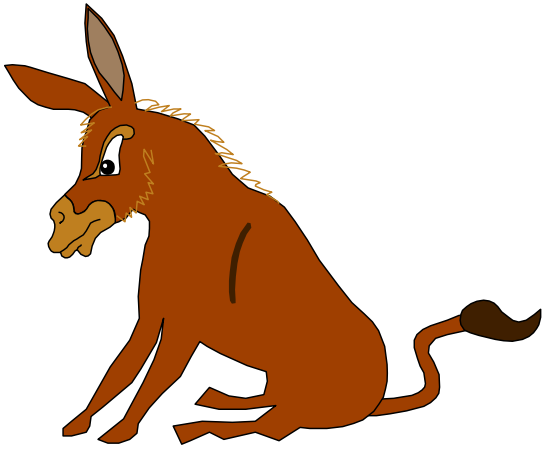
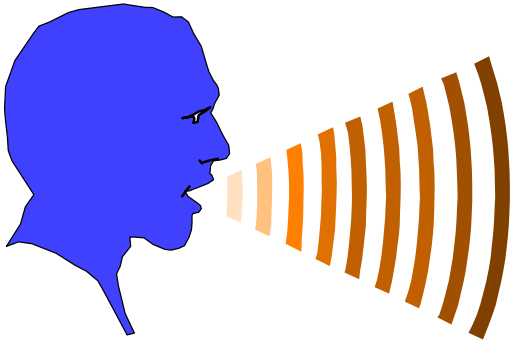
FEELINGS….

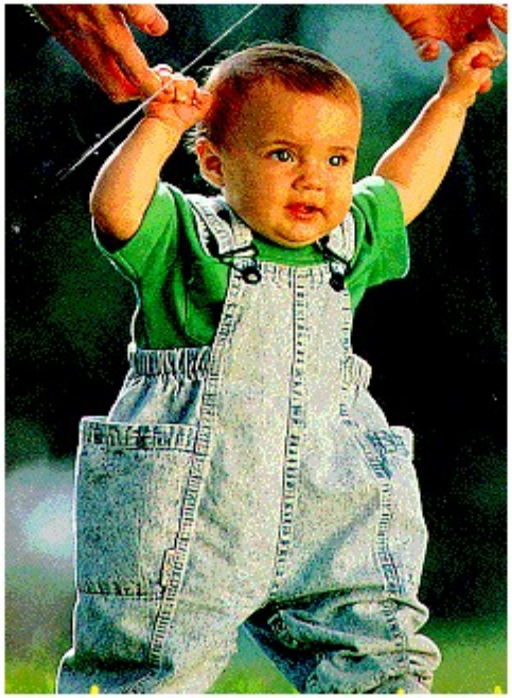
DON’T BE STUBBORN





SHARE YOUR FEELINGS

TAKE IT ONE STEP AT A TIME



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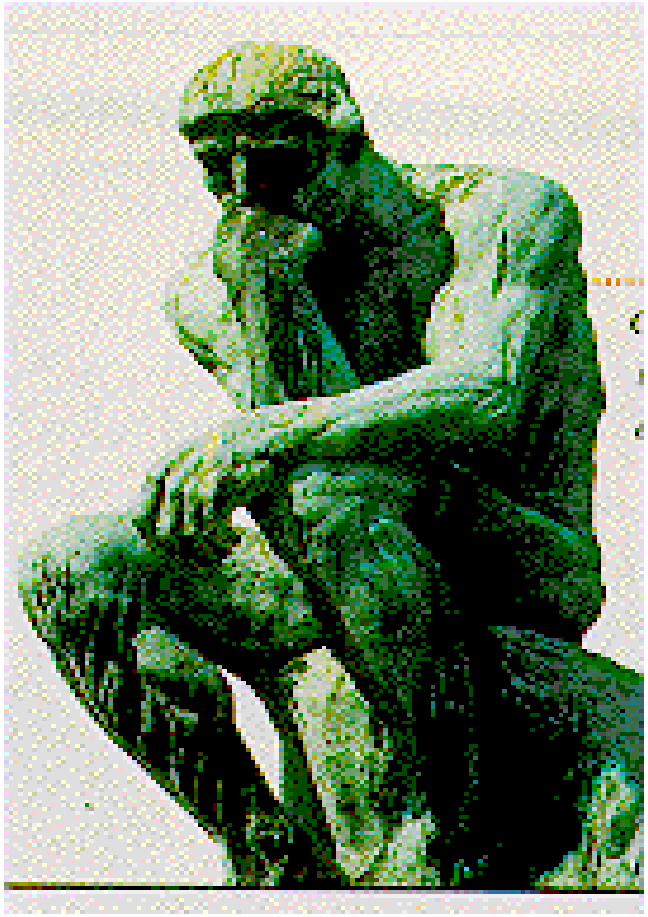
HERE ARE SOME THINGS TO REMEMBER



EOUAL

APPROACH YOUR SPOUSE AS AN EQUAL

ROUTINES WORK

- DON'T UPSET THE ROUTINE
- "IF IT AIN'T BROKE....DON'T FIX IT!

PRIDE

EXPRESS PRIDE IN YOUR

FAMILY MEMBERS

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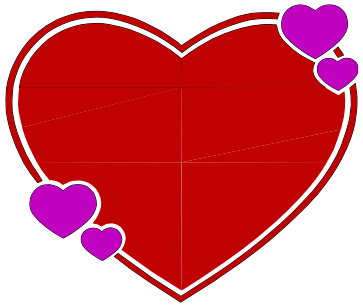
"I LOVE YOU"

- THREE SIMPLE WORDS CAN MAKE A WORLD OF DIFFERENCE
- TELL YOUR SPOUSE OF YOUR LOVE
- SHOW YOUR LOVE AND AFFECTION



SCHEDULES

- CONSIDER YOUR SPOUSE'S SCHEDULE
- DON'T EXPECT YOUR SPOUSE TO JUMP HURDLES

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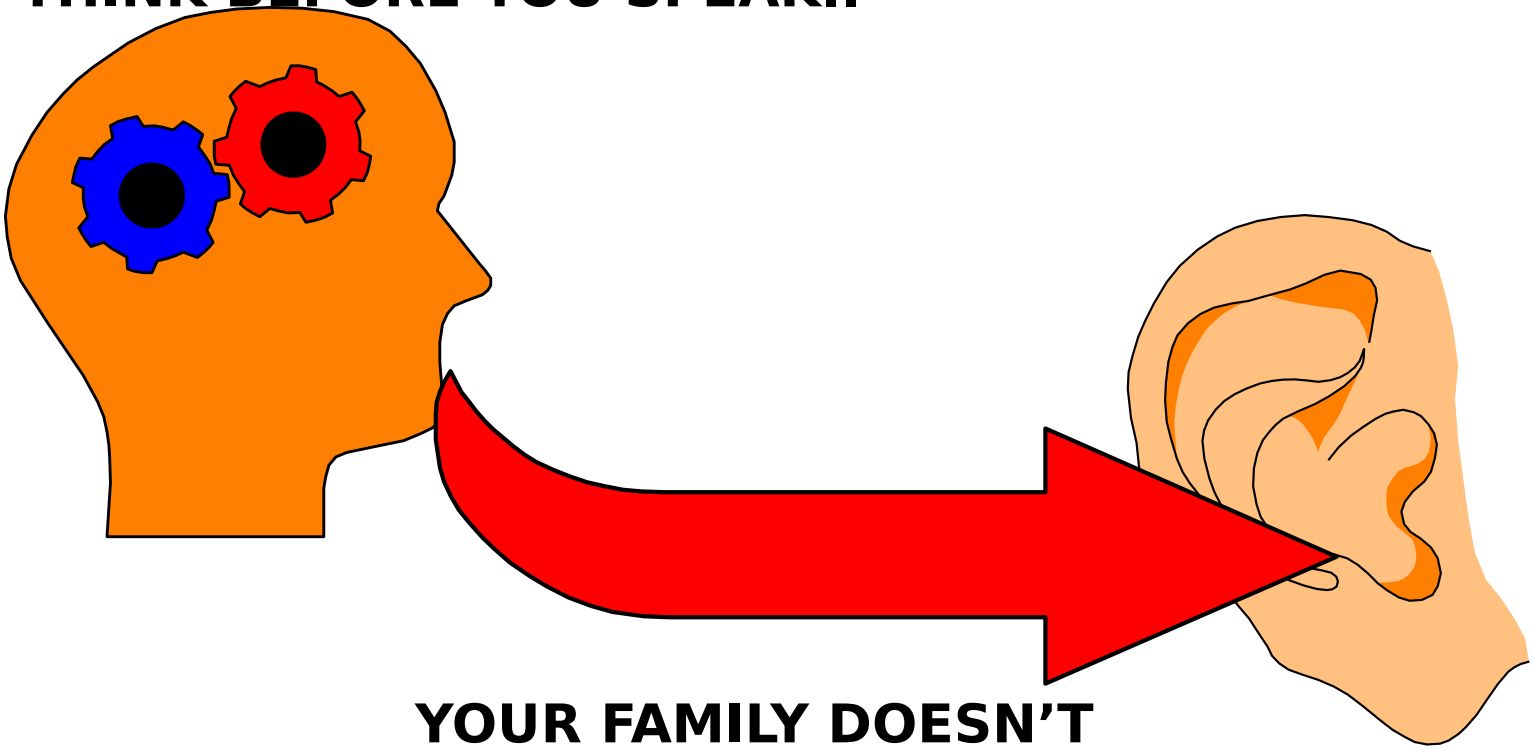
VULGARITY

THINK BEFORE YOU SPEAK..



YOUR FAMILY DOESN'T WANT TO HEAR VULGARITY!

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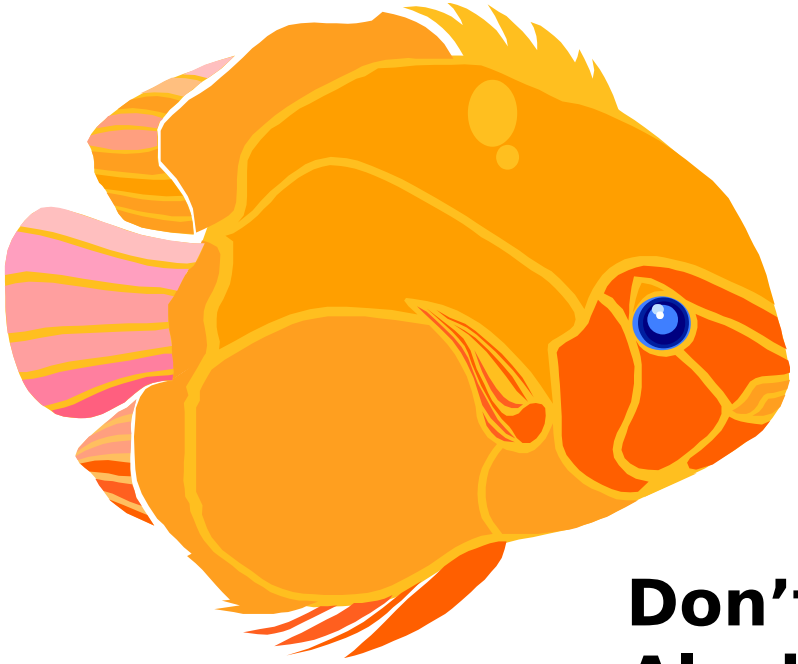
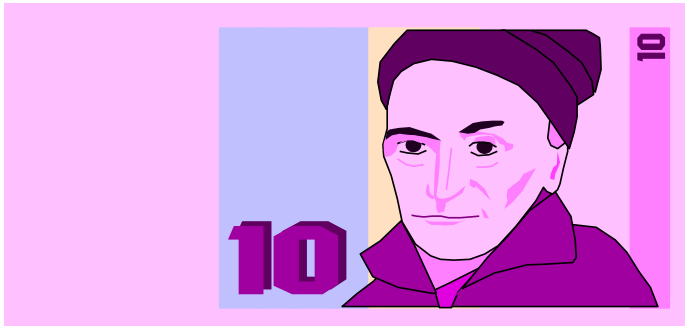
ALCOHOL

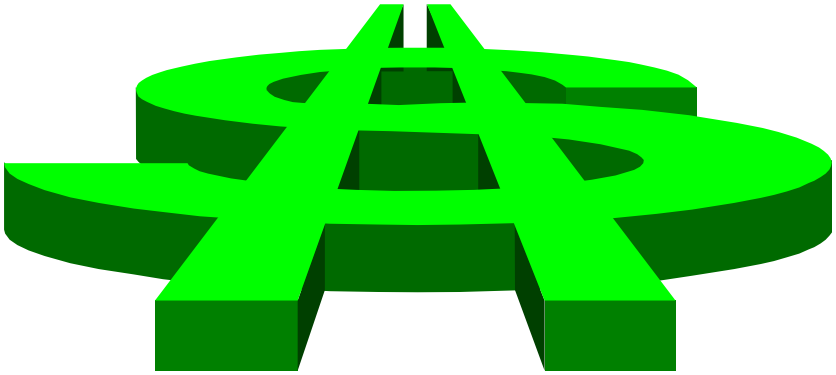


Don’t drink like a fish
Alcohol & Reunion don’t mix

FINANCES

YOU'LL BE MAKING A LOT LESS MONEY…

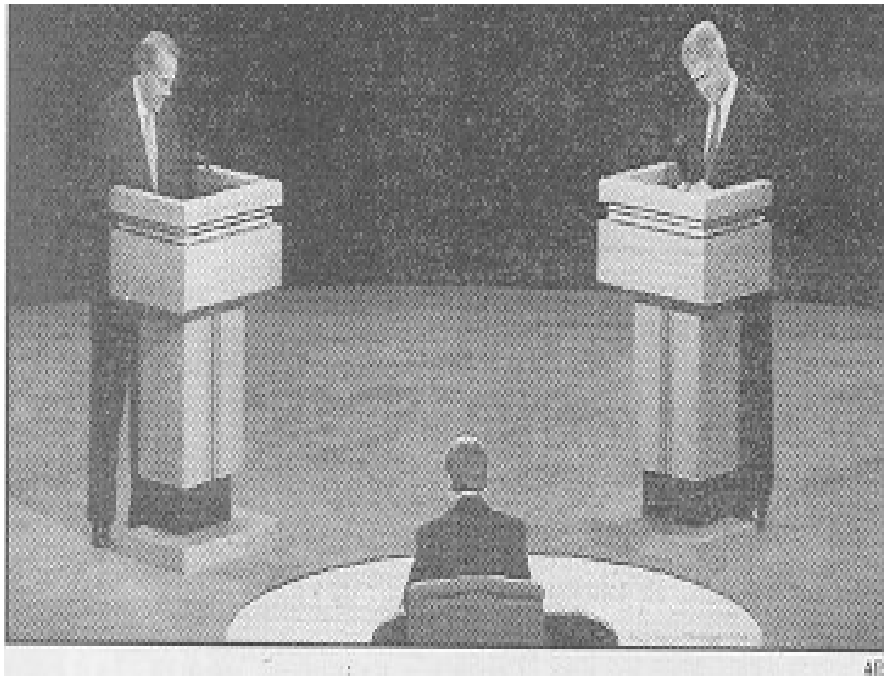




RESIST THE URGE TO SPEND!

TALK TO ONE ANOTHER

MEET REGULARLY
TO TALK



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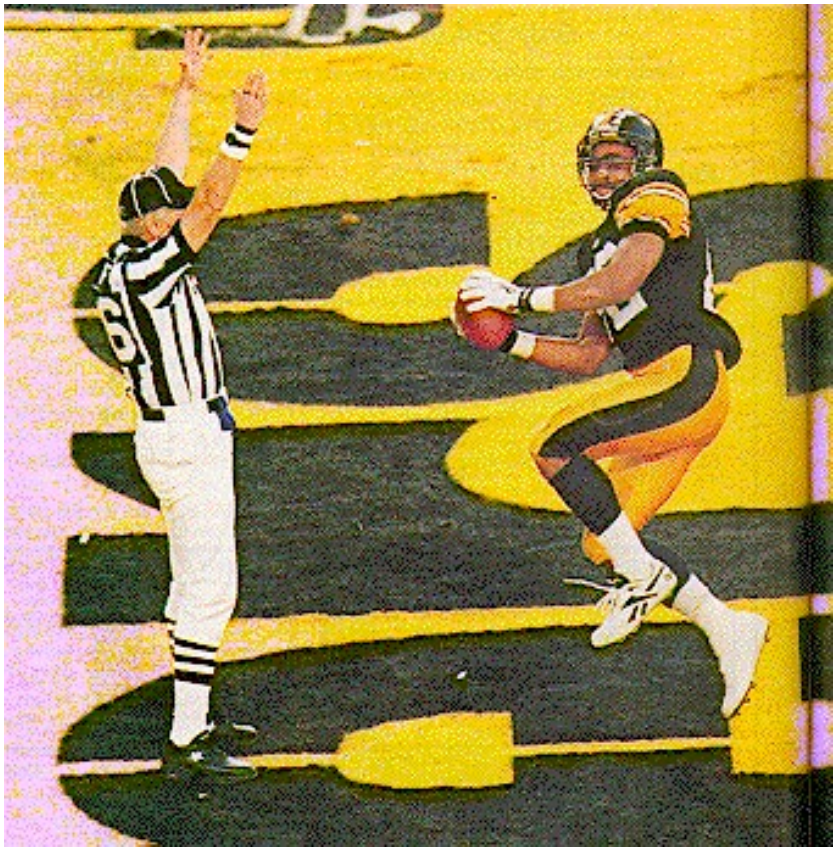
BE POSITIVE

A POSITIVE ATTITUDE IS THE KEY TO SUCCESS!



WHAT ABOUT THE KIDS?

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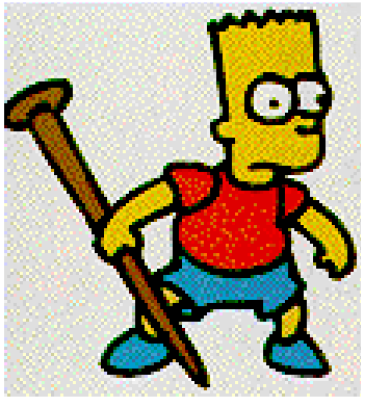
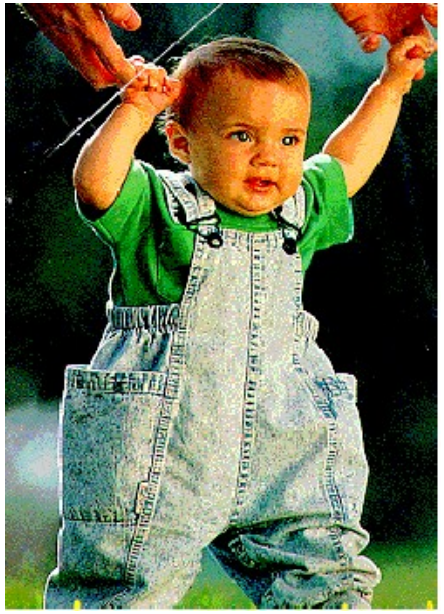
KIDS



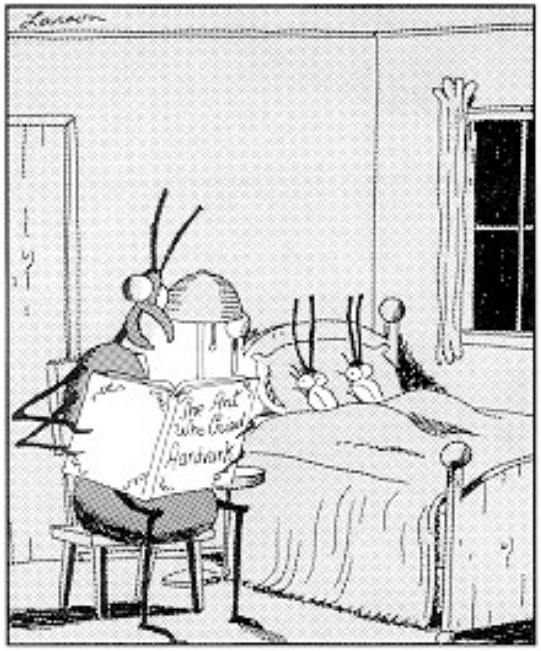
CAN'T LIVE WITH 'EM…CAN'T LIVE WITHOUT 'EM

THEY'VE CHANGED



13TH COSCOM

KIDS



SPEND TIME

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KIDS…

TAKE TIME WITH EACH ONE

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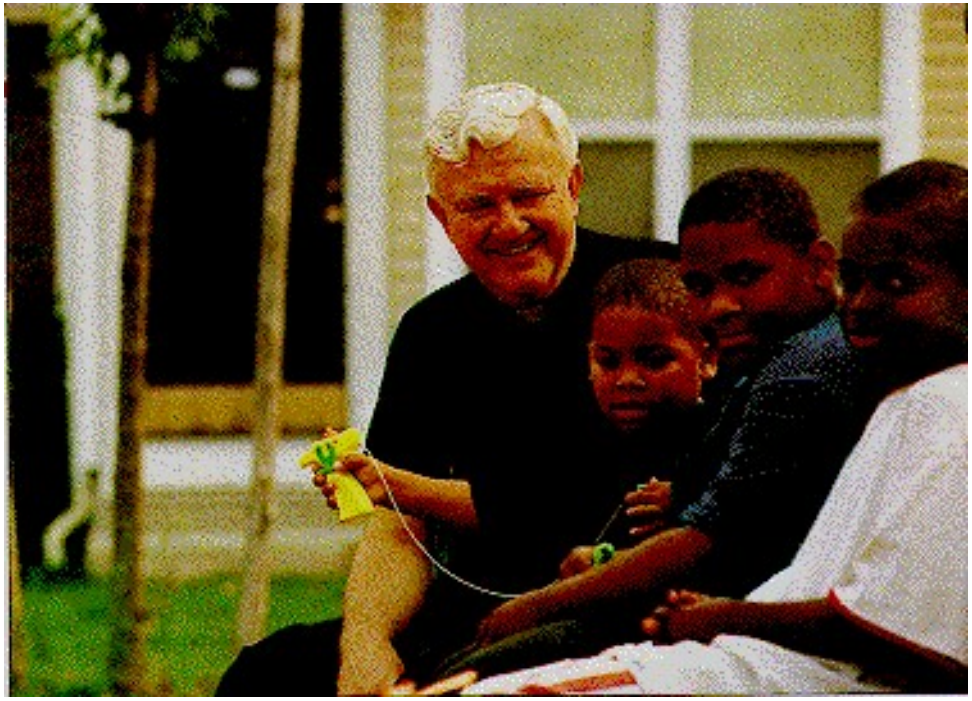
KIDS….

DON’T, SEND THEM AWAY

13TH COSCOM

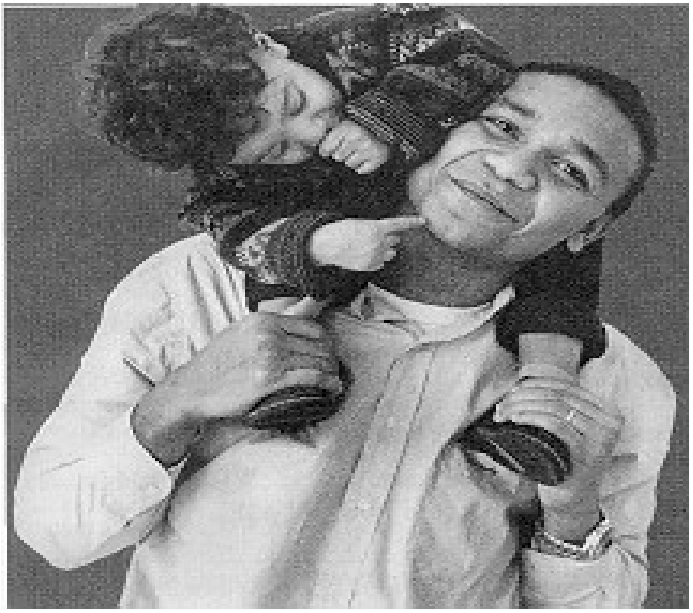
KIDS…



LISTEN TO THEM

13TH COSCOM

KIDS…

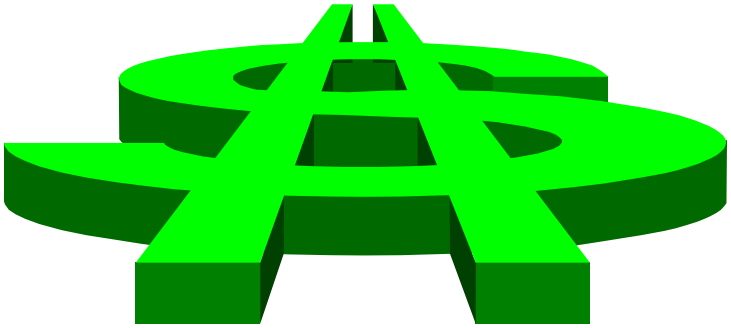


PLAY WITH THEM

13TH COSCOM

KIDS…

GIFTS….WATCH OUT AND BE FAIR



13TH COSCOM

Hang in there,
we've got one more thing to talk about...

LOYALTY….THE DREADED “L” WORD

DON’T PRESSURE SPOUSE

GET HELP

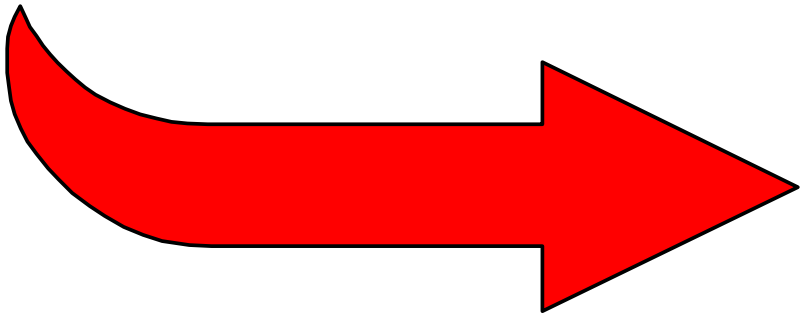
SO, WHAT SHOULD I REMEMBER…

- PLAN TO TAKE PLENTY OF TIME
- KNOW WHERE YOUR PROBLEMS MIGHT BE
- KEEP YOUR WARNING FLASHERS ON! GO SLOW!
- DON’T WORRY SO MUCH

13TH COSCOM

SO, WHERE DO I GO FROM HERE?

Unit insignia



FORT HOOD

THE ORIENTATION TEAM

ARMY COMMUNITY SERVICES

CHAPLAIN

FAMILY READINESS GROUP

13TH COSCOM

REMEMBER

- CHANGE
- CHALLENGES
- STRENGTHS

13TH COSCOM

GET READY FOR A WARM WELCOME HOME!